

PRACTICAL HEALTH TALKS

Dr. Lillie Whitney, M.D.

Dr. Whitney's popular articles on health and beauty subjects in several leading magazines have been attracting marked attention for some time. No other writer on similar topics is better equipped for the work. Dr. Whitney has established an enviable reputation as a specialist and is endowed with the ability to make herself easily understood by her readers. She will answer all letters relating to her department as promptly as possible. All letters should be accompanied by a stamped envelope and should be addressed care of this paper.

For Functional Liver Troubles.

The very best treatment for an inactive liver is a purgative treatment, and it is mainly on account of their action in this manner that certain alkaline mineral waters have attained so great a fame. In addition, due to increased activity of the intestines, the circulation of the bile is enhanced. Owing to the efficacy of the treatment at Carlsbad, the salt obtained from the waters there has been in favor for countless years. This salt can be artificially prepared as follows: Sodium sulphate, 1 part; sodium chloride, 9 parts; sodium bicarbonate, 18 parts; dried sodium sulphate, 22 parts; mix and keep in closed glass bottles. A heaping teaspoonful in a glass of hot water on an empty stomach, usually a half hour before the morning and evening meal, and more frequently if it can be taken; or the amount of salt can be lessened.

Any well-known mineral water, such as Vichy or Kissingen, taken abundantly during the day to the exclusion of any other drink, will act with splendid benefit upon the liver and intestinal tract. The idea is to flush the entire alimentary system with a daily alkaline bath, but this must not be kept up indefinitely, but repeated every day, or pursued in moderation. Certain drugs or combinations of vegetable matter that have a direct action upon the liver, are also extremely beneficial when such an action is called for.

In torpor of the liver, the diet should be regulated and a large quantity of fruit and greens employed and less heavy food taken. Fruits, apples head the list. Physicians are constantly preaching to parents the necessity of giving more fruit and in greater variety to children. In place of candy, a bright, sweet-smelling apple will not only please the eye, but the nerves of smell and taste as well, while its juice is invaluable. Apples should be eaten raw after washing thoroughly; they contain potash, soda, magnesia and phosphorus. The natural acid is invaluable for the gums, teeth, stomach and intestines, being of a germicidal character. In rheumatism and so-called growing pains, they have been very helpful. Grapes also rank high in their antiseptic and disinfecting action upon the intestines. The properties of fruit juices are too well known to repeat here, yet advantage of these simple measures is

not taken because they are so easy to reach take the juice of lemons for instance.

Its action on the stomach and liver is remarkable; while externally, as a bleach for liver discolorations, it is unrivaled. The juice and fleshy parts of cherries (avoid the stems) contain manganese, the salts of potash, lime, iron, and more phosphoric acid than any other fruit. In warm climates where pineapples can be procured in their deliciously ripe, juicy state, they form a valuable adjunct to the treatment of many diseases of the entire alimentary tract, because of their peptic and digestive properties. The juice of pineapple as well as lemon and orange are also germicidal and antiseptic.

Answers to Queries.

Grandma. The old-fashioned remedies are sometimes still used. Many are useful. The blood purifiers act by purging the system, such as sulphur and molasses, for instance.

Henry. I am glad to answer your question. The idea that every boy is worth five dollars to the system is absurd, also the belief that boils must be poulticed and drawn out of the system to effect a cure. A boil is caused by pyogenic or pus-forming bacteria gaining entrance into the skin at some localized spot and setting up housekeeping there. The back of the neck is a favorite place because the coat collars of men rub them into the skin in that situation. The sooner their household is disinfected by means of a physician's lance, the better.

Traymore. Why do you allude to yourself as "lucky"? No one is lucky, for in each of us, no matter how low or how depraved, there dwells a soul. There are two things of paramount importance to make the body attractive—first, good health; second, absolute cleanliness of the skin, regardless of its cost or cut. Good health includes sweetness of the body, for health cannot be maintained unless we are equitably clean inside and out. These two conditions will transform the vilest tramp into a gentleman, so what will they do for a girl? Try it and see.

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STEAM RAILROAD FOR THE RACES AT BOWIE

Gen. J. H. O'Hara Announces that Pennsylvania Railroad Will Run New Line to Track.

Baltimore, Md., June 4.—Announcement was made today by J. H. O'Hara, general manager of the Southern Maryland Agricultural and Fair Association that the Pennsylvania Railroad had officially announced that a new spur line will be run from Bowie station to the race track at Bowie, Md., a distance of about three miles.

Work will begin at once, and it is expected that the track will be laid within a month. This will enable passengers from Baltimore and Washington to go direct to the course. It is the intention of the railroad officials to make the run from either city direct to the course in about thirty minutes. The new spur will cost in the neighborhood of \$30,000. Surveys will begin work tomorrow morning.

MONTREAL ENTRIES.

FIRST RACE—Selling; purse, \$500. 3-year-olds and upward, five and one-half furlongs. 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